



Love Motherhood, Love Your Look

By Brandon Richland, MD

Many women experience a loss of identity as their focus shifts from their personal life, marriage, relationships, career, or passions to caring for their growing family. While this is a natural and understandable occurrence, sometimes it can prevent them from readily embracing the joys of motherhood. The "mommy makeover" is one of the most confidence-transforming procedures that I perform, and I strive to provide the best in the Huntington Beach/Newport Beach area.

Just As No Two Women Share the Same Motherhood Journey, No Two Mommy Makeover Procedures Are the Same

Rather than a single procedure, a mommy makeover comprises a carefully curated selection of several procedures to restore your pre-baby body. Each mommy makeover is a customized and unique combination of procedures which may include:

Face: facial rejuvenation, fat grafting, skin tightening

Breast: breast lift (mastopexy), breast augmentation, breast revision

Body: tummy tuck (abdominoplasty), liposuction, skin tightening

Arms & Legs: liposuction, skin tightening, arm or thigh lift

There are no shortage of factors that can impact the body's appearance. For mothers, that includes age, pregnancy, breastfeeding, weight fluctuations, and more. Even with the strictest workout regimen and a balanced diet, there are certain changes in your figure that even a healthy lifestyle alone cannot remedy. Although these changes occur both gradually and over time as part of the aging process, they are often accelerated by pregnancy and breastfeeding. A mommy makeover can empower you to embrace the joys of motherhood, while embracing a reflection that resembles your physique prior to pregnancy.

Over Time, With Age, Pregnancy, Breastfeeding and Weight Fluctuations, Our Bodies May Undergo Changes That No Amount Of Diet and Exercise Can Fix

A mommy makeover may be an ideal procedure for you if:

- Your breasts have lost volume or appear "droopy."
- Your breasts have lost their youthful shape, position, and firmness.
- You see a stomach "pouch" in the mirror (excess abdominal tissue and skin laxity).
- Your figure has changed.

The mommy makeover is designed for anyone who wants to sculpt, enhance, or tighten various areas of their body after childbirth or breastfeeding. Candidates

should be healthy enough to undergo surgery, with no underlying health conditions that may increase the risk of complications. Additionally, it's essential to have realistic expectations and a positive outlook on your procedure and your results.

Motherhood requires so much from your body, your time, and your energy... it can be easy to lose your sense of self. *A mommy makeover doesn't just restore your body; it restores you.*

Call 714-241-0646 to take the first step towards your most fulfilling life and schedule your consultation to design a customized mommy makeover. Located at 9900 Talbert Ave., Ste. 101, Fountain Valley.



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